

Directory of Services for Older People

Galway County

PROOF



Gort Family &
Community Resource
Centre Ltd



Introduction

This Directory provides information on many of the services available for Older People in County Galway. This includes community and voluntary organisations, HSE and other public services.

The need for this Directory was identified in the Galway County Development Plan. The HSE as the lead agency worked in partnership with Galway County Council and other agencies to produce this Directory.

Sincere thank you to the agencies that provided funding for the project - Galway County Council, County Galway VEC, Galway Rural Development and Údarás na Gaeltachta.

Thank you also to the following who were involved in developing this Directory - Tadhg O'Conghaile (Údarás na Gaeltachta), Aisling Ní Dhochartaigh (Údarás na Gaeltachta), Eamonn O'hÉanaigh (Údarás na Gaeltachta), Kieran Coyne (Galway County Council), Denise Feeney (Galway County Community Forum), Geraldine Kelly (Forum Connemara Ltd.), Anne Kenny (COPE Galway), Mary Stout (COPE Galway), Donna Gleeson (Galway Rural Development Co. Ltd.), Kathleen Aspell-Mortimer (Cluid Housing), Mary O'Connor (Galway Contact), Sarah Murray (Aonad Family Resource Centre, Ballygar), Annie Rosario (Gort Family Resource Centre), JJ O'Kane (Manager, Older People's Services, HSE), Michelle Harrison (Carers Services, HSE), Evelyn Fanning (Health Promotion, HSE), Dan Quaid (Community Development, HSE), Carol Hurley (Community Development, HSE).

The information contained in this directory came from various services, organisations and individuals. We are conscious that it is by no means all inclusive and is based on the information available to us at this time.

Further information and copies of this Directory are available from the Community Development Officer, Galway PCCC, HSE, Tel: 091-548331/2 or from the Community & Enterprise Development Officer, Galway Co. Council, Tel: 091-476507.

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Community, Voluntary and National Organisations & Services

Abbeyknockmoy Care of the Elderly – Parish Society Ltd
Tel: 093 43593 / 087 6769156

Abbeyknockmoy Community Development Company
Tel: 086 8429477

Providing a social outlet for older people, retired and/or living alone and helping to improve the quality of their lives generally.

Ability West
Tel: 091 540900

Blackrock House, Salthill, Galway.
Email: enquiries@abilitywest.ie

Web: www.abilitywest.ie

Provides personal community based services for people with intellectual and learning disabilities and their families.

Access For All
Tel: 091 773466

Email: Nollaig@gcp.ie

Web: www.access4all.ie

Access For All is a network of local disability organisations. The focus of its work is on continually improving the accessibility of the local built environment and involves working closely with Galway City Council and other key stakeholders.

Acquired Brain Injury Ireland
Tel: 091 700210

Calbro House, Tuam Rd, Galway.
Email: westnorthwestadmin@abiireland.ie

Web: www.abiireland.ie

Acquired Brain Injury Ireland [formerly The Peter Bradley Foundation] is Ireland's leading provider of flexible and tailor-made services for people with an Acquired Brain Injury (ABI). The mission is to enable people with an acquired brain injury to live an independent life within the community, by providing and maintaining a supportive living environment.

Active Retirement Ireland
Tel: 01 6792142

Shamrock Chambers, 1-2 Eustace Street, Dublin 2.
Email: fara@eircom.net

Web: www.activeirl.ie

Western Regional Council of Active Retirement Networks IRL
Tel: 087 6658245

Umbrella Group for Active Retirement Associations in the West.

Age & Opportunity

Tel: 086 6039237

Marino Institute of Education, Griffith Avenue, Dublin 9.

Email: info@ageandopportunity.ie

Web: olderinireland.ie

Age & Opportunity is the national not-for-profit organisation promoting opportunities for greater participation by older people. Programmes include 'Go For Life' (physical activity), Ageing with Confidence (health-promoting course), AgeWise (age equality workshops) and Bealtaine (National Arts Festival).

Age Action Ireland

Tel: 01 4756989

30/31 Lower Camden Street, Dublin 2.

Email: info@ageaction.ie

Web: www.ageaction.ie

Age Action West Tel: 091 527831

2-3 Small Crane, Sea Road, Galway.

Email: aaw@eircom.net

Web: www.ageaction.ie

Provides a drop-in information service on Older Peoples' rights and entitlements, lobbying and advocacy and the provision of education and training such as computer and language classes.

Ageing Well Network

Tel: 01 6127040

16-17 College Green, Dublin 2, Ireland.

Email: info@ageingwellnetwork.ie

Web: www.ageingwellnetwork.ie

Ageing Well Network brings together leaders from every aspect of the ageing sector, united by the shared goal of making Ireland the best place in the world in which to grow old.

Aids West

Tel: 091 566266

St. Augustine Street, Galway.

Email: john@aidswest.ie

Providing support services, confidential helpline, counselling, awareness workshops/seminars, self-help programmes and complementary therapies for clients.

Alcoholics Anonymous

Tel: 01 8420700

**General Service Office of Alcoholics Anonymous, Unit 2, Block C,
Santry Business Park, Swords Road, Dublin 9.**

Email: gso@alcoholicsanonymous.ie

Web: www.alcoholicsanonymous.ie

Tel: 091 767777 (Connaught Telephone Service)

Mon – Fri 7.30pm-10.00pm, Sat 11.30am -2.00pm

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. It is a 'Twelve Step' fellowship dedicated to helping anyone suffering because of their drinking.

Al-Anon Ireland
Tel : 01 8732699

Room 5, 5 Caple Street, Dublin 1, Ireland.
Email : info@al-anon-ireland.org

Web: www.al-anon-ireland.org

Al-Anon offers strength and hope for friends and families of problem drinkers.

Alzheimer Society of Ireland – Galway Branch
Tel: 091 561556

Envision House, Flood Street, Galway.
Email: asigalway@alzheimer.ie

Web: www.alzheimer.ie

Alzheimer's Ireland is a national voluntary organisation with an extensive network of branches, regional offices and services. It provides support for people with all forms of dementia and their families to maximise their quality of life.

Aontas (National Adult Learning)
Tel: 01 4068220/1

83-87 Main Street, Ranelagh, Dublin 6.
Email: mail@aontas.com

Web: www.aontas.com

AONTAS is the National Adult Learning Organisation, which supports the provision of a quality and comprehensive system of adult learning and education which is accessible to and inclusive to all.

Arthritis Ireland
Tel: 01 6618188

1 Clanwilliam Square, Grand Canal Quay, Dublin 2.
Email: info@arthritisisireland.ie

Web: www.arthritisisireland.ie

Ireland's only arthritis charity provides education and support programmes specially designed to give people with arthritis the information and skills they need to take back control of their disease and their life.

AWARE
Tel: 01 6617211 (National Office) Tel: 1890 303 302 (Helpline)

72 Lower Leeson Street, Dublin 2.
Email: info@aware.ie

Web: www.aware.ie

Aware is a national depression support organisation that provides a LoCall Helpline open 365 days a year: Mon-Wed 10am-10pm; Thurs-Sun 10am-1am, and support groups, including groups in Galway (city & county). Resources available include a booklet entitled *Depression in Later Life* available for older individuals and family members.

Ballinacree, Recess, Bun na gCnoc Senior Citizens Group
Tel: 086 8460009

Recess, Co. Galway.

This group meet once a month in the Old National School, Recess, for afternoon tea. The group also enjoy lunches out, day trips, respite breaks and arts week event.

Ballinakill Active Age Club
Tel: 095 43413 / 095 41064

Ballinakill Active Age meet weekly for a Lunch Club in the Ellis Hall, Letterfrack. The group meet from 1pm to 4pm where they have lunch and do different activities each week. The club also run meals on wheels service four days a week, which services Renvyle, Moyard, Cleggan/Claddaghduff, Clifden areas and a laundry service five days a week to the Renvyle, Letterfrack, and Moyard areas.

Ballinasloe Cancer Support Centre
Tel: 090 9645574 /087 9452300

Society Street, Ballinasloe, Co. Galway.
Email: ballinasloecancer@yahoo.co.uk

Providing support to people with a cancer diagnosis and their families.

Ballinasloe Community Resources
Tel: 090 9644390

**Ballinasloe Community Information Centre, The Emerald, McNevin Avenue,
Ballinasloe, Co. Galway.**
Email: bsloecic@eircom.net

Provides confidential up-to-date information for older persons on pensions, social welfare entitlements and medical cards, course in IT as well as assistance for those wishing to improve their reading and writing skills.

Ballinasloe Social Services
Tel: 090 9643217

Social Service Centre, Brackernagh, Ballinasloe, Co. Galway.
Email: bsloesocers@eircom.net

Provides Day Care Centre for older people and those physically disabled, meals on wheels, chiropody, laundry service, pre-school playgroups, therapeutic project, English classes and social club for foreign nationals.

Ballyconneely Senior Citizens Group
Tel: 095 41064 / 087 9308520

The group meet weekly in McWilliams coffee shop from 9.30am - 11.30, where they have transport provided by Bealach, they are picked up from their door every Friday morning to collect their pensions, do their shopping and finish up with a coffee morning and a chat with each other.

Ballygar/Toghergar/Newbridge Social Services**Tel: 090 6624034****The Square, Ballygar, Co. Galway.**

Ballygar Social Services provides dinner and activities for older people in the centre once per week. It also provides a chiropody service bi-monthly and a laundry service for older people.

Ballymoe Social Services Group for Older People**Tel: 094 9655107****Ballymoe, Co. Galway.**

To provide social opportunities for older people living in the community.

Béile Blasta Mhaigh Cuilinn – Meals on Wheels**Tel: 091 555433****‘Napier’, Ugool, Moycullen, Co. Galway.**

Meals delivered to people living alone 5 days per week.

Brainwave – The Irish Epilepsy Association**Tel: 091 568180****St. Augustine Street, Galway.****Email: crogalway.brainwave@epilepsy.ie**

Brainwave provides a wide range of services aimed at people with epilepsy, their parents, families and friends.

Brothers of Charity**Tel: 091 721400****Woodlands Centre, Renmore, Galway.****Web: www.brothersofcharity.ie**

Provides a wide range of community based and centre based services for people with intellectual disabilities and their families.

Cáirde Le Cheile**Tel: 087 6445191 / 091 792331****Maree, Oranmore, Co. Galway.**

Provides outings, breaks and activities for older people.

Caltra Social Services**Tel: 090 9678144****Caltra, Ballinasloe, Co. Galway.**

Provides bingo, speakers, refreshments, annual outings and trips organised.

Camus Day Centre
Tel: 087 2814481

Services for older people one day per week. Meals are provided as well as activities which include cards, past-times, day trips and light exercise.

Cancer Care West
Tel: 091 545000

University College Hospital, Galway.
Email: info@cancercarewest.ie

Web: www.cancercarewest.ie

Cancer Care West is a not for profit, West of Ireland registered Charity, dedicated to supporting those whose lives have been affected by a cancer diagnosis.

Cappatagle Pastoral Council
Tel: 090 9686655

Cappatagle, Ballinasloe, Co. Galway.

Home visits, Christmas dinner, parties and outings provided for older people.

CARDI (Centre for Research and Development in Ireland)
Tel: 01 4786308

5th Floor Bishop's Square, Redmond's Hill, Dublin 2.
Email: info@cardi.ie

Web: www.cardi.ie

CARDI is a not for profit organisation established to support research and play its part in planning for demographic change. It aims to advocate for and advance the ageing research agenda by identifying, coordinating, stimulating, and communicating strategic research on ageing and older people, as a means to improving the lives of older people in Ireland (North and South), especially those who are disadvantaged.

Care Alliance Ireland
Tel: 01 8747776

Coleraine House, Coleraine Street, Dublin 7.
Email: info@carealliance.ie

Web: www.carealliance.ie

A national network of voluntary organisations supporting family carers. It aims to support organisations in their work with family carers through the provision of information, research, the sharing of resources and opportunities for collaboration.

Care and Repair
Tel: Lo Call 1890 369 369

2-3 Small Crane, Galway.
Email: aaw@eircom.net

Web: www.ageaction.ie

Ballinasloe: Email: bsloecarerepair@gmail.com
Ballygar: Email: aonad@eircom.net

Tel: 090 9630630
Tel: 090 6624484

Age Action West's Care & Repair Service offers a befriending service and repair service for minor home repair jobs, as well as recommendations on reliable tradespersons.

Carers Association

Tel: 057 9322920. National Careline Freephone 1800 24 07 24.

Carers Association, National Office, Market Square, Tullamore, Co. Offaly.

Email: info@carersireland.com

Web: www.carersireland.com

The Carers Association is Ireland's national voluntary organisation for family carers in the home. The Carers Association provides a number of services to family Carers, aimed at helping to increase the quality of life for the Carer and the person receiving care at home. Services provided include: Training, Resource Centres, Care Line, Home Respite Service, Advocacy and Lobbying, Information, Membership, Support Groups

Carers Support Groups

The Carers Support Groups aim to promote the quality of life of family carers by recognising and valuing their role, and by providing carers with emotional and practical supports. The Support Group's activities include: arranging information sessions, regular meetings, training courses, respite breaks, accessing and disseminating information to carer members, and providing a support network and a social outlet for carers.

The following 10 Carers Support Groups include carers of all care groups, such as, older people, people with disabilities, and others.

Athenry Carers Support Group

Contact Group Coordinator Tel: 087 9159508 (Caring for Carers Ireland - West Region).

Ballinasloe Carers Support Group

Contact Group Coordinator Tel: 087 9159508 (Caring for Carers Ireland - West Region).

Ballygar/Newbridge Carers Support Group

Contact Group Coordinator Tel: 090 6624484 (Aonad Family Resource Centre, Ballygar, Co. Galway).

Dunmore Carers Support Group

Contact Group Coordinator Tel: 087 9159508 (Caring for Carers Ireland - West Region).

Galway Carers Support Group

Contact Group Coordinator Tel: 087 9159508 (Caring for Carers Ireland - West Region).

Headford Carers Support Group

Contact Group Coordinator Tel: 087 9159508 (Caring for Carers Ireland - West Region).

Loughrea Carers Support Group

Contact Group Coordinator Tel: 087 9159508 (Caring for Carers Ireland - West Region).

Northwest Connemara Carers Support Group

Contact Group Coordinator Tel: 095 41064 or Tel: 087 9633253 (FORUM Connemara Ltd., Letterfrack, Connemara, Co. Galway).

South Connemara Carers Support Group

Contact Group Coordinator Tel: 091 551553 or Tel: 087 6871628 (Comhar Chuigéal Teo, Lettermullen, Co. Galway).

Tuam Carers Support Group

Contact Group Coordinator Tel: 087 9159508 (Caring for Carers Ireland - West Region).

The following 5 Carers Support Groups include carers who are caring for a specific care group, as follows:

Alzheimer Society of Ireland- Galway Branch- Carers Support Group

Contact Group Coordinator Tel: 091 561556

Alzheimer Society of Ireland- Galway Branch, Envision House, Flood Street, Galway.

Email: asigalway@eircom.net

This group aims to: access information and practical advice in a welcoming and supportive environment; provide a support network and a social outlet for carers; keep up to date on issues relevant to carers and the people that they care for; arrange information sessions.

'Cope with Friends' - Carers Support Group, Portumna

Contact Group Coordinator Tel: 090 9759885 (Clinical Nurse Specialist-Behavioural Therapy, HSE West, Alor Star Day Hospital, Portumna, Co. Galway).

This group aims to: access information on mental health issues and disseminate to carers; provide a support network and a social outlet for carers of people experiencing mental health issues and attending mental health services; arrange information sessions and respite breaks for members; facilitate carers to advocate with relevant professionals for those whom they care for; break down barriers of stigma and discrimination towards people with mental health problems.

Galway Head Injury Support Limited

Contact Group Coordinator Tel: 091 768168 or Tel: 085 7255608

Galway Head Injury Support Limited, C/o Quest, Liosban Business Park, Tuam Road, Galway.

Email: galwayhisg@gmail.com

Web: www.galwayheadinjury.com

Galway Head Injury Support Limited endeavours to improve the quality of life of people with acquired brain injury and their families. It aims to: provide non-fiscal support, relevant information and counselling for families of people with brain injury; highlights the special needs of families where there is a brain injury; advocates for the recognition of these needs to government bodies and health care professionals.

Galway Stroke Support Group

Contact Group Facilitators Tel: 091 546023 / 546010 (Speech & Language Therapy Manager, HSE West, PCCC Services, Shantalla Health Centre, 25. Newcastle Road, Galway) OR Tel: 091 700210 (Resource Worker- West/Northwestern Region, Acquired Brain Injury Ireland, Calbro House, Tuam Road, Galway).

The Galway Stroke Support Group consists of stroke survivors and family members/carers. It aims to: provide an opportunity for stroke survivors, family and

carers to meet informally and share information about their experience of stroke; offer support to each other and to those who have recently been affected by stroke; provide information regarding stroke and stroke prevention, including information sessions from health care professionals on how to enhance health and well-being following a stroke; organise outings from time to time.

Stroke Support Group- Portiuncula Hospital Ballinasloe

Contact Group Coordinator Tel: 090 9648200 (Ext. 613 & Bleep 839)
Clinical Nurse Specialist- Stroke Care, Portiuncula Hospital, Ballinasloe, Co. Galway.

The Stroke Support Group - Portiuncula Hospital Ballinasloe endeavours to promote the quality of life of stroke survivors, their families and carers, by recognising and valuing their role, and by providing carers with education, emotional and practical supports. It aims to: access information on health issues and disseminate to patients, families and carers; provide a support network and a social outlet for stroke survivors and carers; keep up to date on issues relevant to stroke survivors and carers; arrange information sessions.

Caring for Carers Ireland Tel: 065 6866515

National Office, 2. Carmody Street Business Park, Ennis, Co. Clare.
Email: support@caringforcarers.org Web: www.caringforcarers.org

Caring for Carers Ireland- West Region:
Tel: 087 9159508 Email: caringforcarerswest@eircom.net

Caring for Carers Ireland provides a number of services to family carers, which are aimed at promoting the health, well-being and quality of life of family carers and those for whom they care. Services provided include: support groups, information, carer's clinics, respite, training, research and advocacy.

Carna Day Centre Tel: 095 32854

Carna, Co. na Gaillimhe.

Carna Day Care operates one day a week in the local Nursing Home. Meals, activities and health advice are provided.

Carnmore Ladies Club Tel: 091-794375

Carnmore, Oranmore, Co. Galway.

Crafts and activities for women in the Carnmore catchment area.

Citizens Information Centre (CIC)**Tel: 091 563344****Galway CIC, Augustine House, St Augustine Street, Galway.****Email: galway@citinfo.ie****Web: www.galwaycic.ie****Local Branches****Clifden CIC****Tel: 095 22000****Email: Clifden@citinfo.ie**

c/o Cashel/Connemara Credit Union, Top Floor, Sea View, Clifden.

Rosmuc CIC (Sheirbhis Eolais don Phobal)**Tel: 091 574122**

Seirbhis Eolais don Phobal, MFG, Ionad Fiontair, Rosmuc.

Tuam CIC**Tel: 093 26161****Email: tuam@citinfo.ie**

Social Service Centre, Dublin Road, Tuam, Co. Galway.

Provides free, confidential and impartial information on subjects such as employment, social welfare, HSE services, consumer rights etc. Can also assist with filling forms and free legal advice and accounting advice service.

Claregalway Senior Citizens Committee**Tel: 086 8500390**

Providing services and supports for older people in the Claregalway area.

Cleggan/Claddaghduff Senior Citizens Groups**Tel: 095 44660 / 095 44756**

The group works to provide older people with a lunch club, recreational and educational activities and respite breaks. Transport is provided by Bealach.

Clifden Golden Years Club**Tel: 095 21159 / 095 41064**

The Golden Years meet for weekly Coffee Morning in Cluid, St. Joseph's Court and Clifden every Wednesday morning from 10am to 12pm. They also take part in other outings during the year i.e. Christmas dinners, arts week event & respite breaks.

Clonberne Social Club**Tel: 093 45003****Cloonagh, Ballinasloe, Co. Galway.**

Organises social evenings, bingo nights and annual tours. Held in Clonberne Community Centre.

CLÚID Housing Associations**Tel: 091 786490****Fax: 091 765039**

Regional Office, Innovation House, Unit 1 Ballybrit Business Park, Ballybrit, Co. Galway.

CLÚID, St. Jarlath's Court Resident's Association, Tuam.**Tel: 093 27992****CLÚID, St. Joseph's Court Resident's Association, Clifden.****Tel: 095 30951**

Clúid Housing is a non profit voluntary organisation that builds and manages both general needs and sheltered housing for older people. It aims to enable older persons to live independently with privacy, dignity and fulfilment, for as long as they wish, to tailor services to the actual needs of the individual and to avoid stereotypes of old age, to foster links with the wider community, to provide non-discriminatory service, to respect diversity, to actively encourage residents participation in social activities and to support the return of older emigrants.

Coiste Aosach Cheantar na nOileáin**Tel: 091 551398 / 551356****Tír an Fhia, Leitir Mór, Co. na Gaillimhe.**

The Day Centre provides activities designed to promote well-being through social and health related services. It operates during daytime hours, provides nutritious meals and a transport service for older people.

Coiste Forbartha na bhForbacha**Tel: 087 6796566****Na Forbacha, Co. na Gaillimhe.**

Provides security to older people in the form of alarms, lighting, and locks for windows/doors.

Coiste Pobail Rosmuc**Tel: 091 574037****Rosmuc, Co. na Gaillimhe.**

Organises activities and interventions with older people – social outings, breaks and various other activities.

Comharchumann Shailearna Teo**Tel: 091 593017****Na hAille, Indreabhán, Co. na Gaillimhe.****Email: cst@eircom.net****Web: www.cst.ie**

Provides security to older people such as, alarms, lighting, locks for windows / doors.

Comhra na nAosach

Tel: 099 75008

f/ch Comhar Caomhain Teo., Inis Oirr, Oileain Arann, Co. na Gaillimhe.
Email: ccteo@eircom.net

Providing services for older people which include weekly meetings to socialize, arts, health promotion, visits with other groups, crafts, continuing education courses, day trips, library and Christmas party.

Community Alert

(See nearest Garda District Office contact for details on Community Alert schemes in your area) - Tel: 093 70840 (contact within Galway Garda Division)
Muintir na Tíre, Canon Hayes House, Tipperary. 062 51163

Community Alert is a community safety programme for rural areas with an emphasis on older and vulnerable people. It operates as a partnership between the community, An Garda Síochána and Muintir na Tíre. It works on the principle of shared responsibility for crime prevention and reduction. A map of community alert areas in County Galway can be found on www.galway.ie

Community Development Projects

Glenamaddy Community Development Company,
Clondoyle Training Centre, Ballyhard, Glenamaddy, Co. Galway.
Tel: 094 9659570

Kilkerrin Community Development,
Kilkerrin, Ballinasloe, Co. Galway.
Tel: 094 9659277

Galway Rural Development, Na Calaí,
Abbey Street, Portumna, Co. Galway.
Tel: 090 9741887 **Email: tfsp@nacalai.ie**
Tel: 091 844335 GRD – Galway Rural Development

South East Galway Integrated Rural Development (IRD),
Abbey Street, Portumna, Co. Galway.
Tel: 090 9741867

Console Galway

Tel 091 769942 Helpline 1800 201 890

Console House 9a Elm Park, Renmore, Galway.
Web: www.console.ie

Console is a registered charity supporting and helping people bereaved through suicide. Services include a national free phone helpline, counselling, support, education and information. Console also promotes positive mental health within the community.

COPE Galway

COPE Galway - Community Catering

Tel: 091 700800

Unit 5, Ballybane Industrial Estate, Galway.

Email: communitycatering@copegalway.ie

Web: www.copegalway.ie

Previously known as 'Meals on Wheels'. This service provides a daily low cost meal available seven days a week to City and County. Referrals can be made directly by older people, family members or by statutory and voluntary services. No age restriction although primarily for older people.

COPE Galway - Community Support Project

Tel: 086 0237022

Cope Galway offices, Calbro House, Tuam Road, Galway.

Email: cduane@copegalway.ie

Web: www.copegalway.ie

To provide support, advocacy and information to older people living in Galway City. The focus of the service is on improving and promoting well being and quality of life in addition to preventing isolation for those living independently in their own homes.

COPE Galway - Imperial Dining Club

Tel: 091 700800

Email: communitycatering@copegalway.ie

Web: www.copegalway.ie

A social club for older people who meet for lunch in the Imperial Hotel, Eyre Square, Galway. Contact can be made through Community Catering. The club is supported by COPE Galway and the Imperial Hotel.

COPE Galway - Sonas Day Centre

Tel: 091 753402

1 Walter Macken Place, Mervue, Galway.

Email: info@copegalway.ie

Web: www.copegalway.ie

Drop-in centre with support services and activities for Older People living in the Mervue and surrounding areas. Sonas is open six days per week.

COPE - Waterside House

Tel: 091 565985

Waterside (off Courthouse Square, Galway.

Email: info@copegalway.ie

Web: www.copegalway.ie

Waterside House provides refuge for women and children who are experiencing domestic violence.

Corofin Senior Citizens

Tel: 086 0802493

Providing services and support for older people.

Corrandulla Day Care / Nursing Home

Tel: 091 791540

Corrandulla, Co. Galway.

Providing nursing home and day care support to older people.

Cortoon/Lavally Golden Age Club**Tel: 087 9232339****Ryehill, Lavally, Co. Galway.**

Meets on the last Thursday of each month. Provides golden age annual Christmas party, social nights, events, recreational activities and supports older people.

Croí, West of Ireland Cardiac Foundation**Tel: 091 544310****University Hospital, Galway.****Email: info@croi.ie****Web: www.croi.ie**

The aim of Croí is to reduce the impact of Cardiovascular Disease on individuals and families by supporting a range of initiatives in the areas of prevention, education, lifestyle change, treatment and rehabilitation.

Croí na Gaillimhe Resource Centre**Tel: 091 895203****St. Vincent de Paul, 1 Mill Street, Galway.****Email: ineedhamsvp@eircom.net****Web: www.croi-na-gaillimhe.org**

Croí na Gaillimhe provides a social club for older people on Wednesday afternoons. Activities are organised in consultation with the group. Other training courses include computers, drawing classes, line dancing, creative writing & intergenerational learning.

Cuan Mhuire**Tel: 091 797102****Coolarne, Co. Galway.**

A comprehensive, structured, abstinence based, residential programme is offered to persons affected by alcohol, gambling and other chemical dependencies

Cullairbaun Active Age Group**Tel: 091 845422****Station Road, Athenry, Co. Galway.**

Activities, courses, services and support provided for older people.

DeafHear**Tel: 091 564871****Text: 086 8648659****9A St. Francis Street, Galway.****Email: galway@deafhear.ie****Web: www.deafhear.ie**

Support service for members of the deaf community in Galway.

Diabetes Federation of Ireland**Tel: 01 836 3022****Helpline: 1850 909 909****76 Lower Gardiner Street, Dublin 1.****Email: info@diabetes.ie****Web: www.diabetes.ie**

Aims to provide a quality service in improving the lives of people affected by diabetes, and working with others to prevent and cure diabetes.

Disabled Drivers Association**Tel 094 9364054****Ballindine, Claremorris, Co. Mayo.****Email: info@ddai.ie****Web: www.ddai.ie**

This charity provides information on vehicle choice/adaptation for older drivers and passengers; both on-road and off-road driving assessments and driving tuition; issuing body for the EU Disabled Persons Parking Permit.

Domestic Violence Response Ltd. (DVR)**Tel: 091 866740 / 087 7737957****The Courtyard, Main Street, Oughterard, Co. Galway.****Email: dvr@indigo.ie**

Domestic Violence Response (DVR) is a rural-based community-led project responding to the issue of domestic violence in Connemara. The aim of DVR is to identify and respond to the needs of women and children in the rural area of Connemara who are subjected to violence and abuse in the home.

Down Syndrome Ireland – Galway Branch**Tel: 087 2257336**

The goal of Down Syndrome Ireland is to significantly improve the quality of life of persons with Down syndrome, to ensure that each individual is developed to his/her full potential and to help people with Down syndrome make their own futures as bright and independent as possible.

Dunmore Day Care Centre**Tel: 087 9215551**

Provides various fun activities, games and support for older people in Dunmore such as 'Go for Life' exercise, bridge, form filling and help with social welfare problems. Meals provided every Tuesday and Friday.

Homes for Dunmore

Single and double units to rent. Laundry facilities available free.

Elm Tree Centre – Clifden**Tel: 095 30930**

A range of services/therapies are provided to the service users of Elm Tree Mental Health Day Care Centre which include, social skills, pottery instruction, art therapy, horticulture, literacy, numeracy, computer training, counselling and crafts. These therapies assist service users to develop their skills and maximise their potential.

Eyrecourt/Killimor Day Centre**Tel: 090 9675380****The Square, Eyrecourt, Ballinasloe, Co. Galway.**

The Centre operates daily with many activities provided and lunch served. Meals are also delivered to people living at home alone who are unable to attend the Day Centre.

Family Resource Centres

The aim of the Family Resource Centre programme is to combat disadvantage and improve the functioning of the family unit. The programme emphasises involving local communities in tackling the problems they face, and creating successful partnerships between voluntary and statutory agencies at community level.

Aonad Resource Centre, The Square, Ballygar, Co. Galway.**Tel: 090 66 24484****Email: aonad@eircom.net****ARD Doughiska Family Resource Centre, Co. Galway.****Tel: 091 567827 (West Training and Development Ltd.) Email: paul@ardfrc.com****Clann Resource Centre Oughterard Ltd., Oughterard, Co. Galway.****Tel: 091 557633****Email: clannres@gmail.com****Gort Family Resource Centre, Church Street, Gort, Co. Galway.****Tel: 091 630902****Email: administrator@gortfrc.com****Loughrea Town Family Resource Centre Millennium House, Westbridge,
Loughrea, Co. Galway.****Tel: 091 871149****Email: loughreafrc.eircom.net****Solas Resource Centre, Main Street, Headford, Co. Galway.****Tel: 093 36446****Email: solasfrc@eircom.net**

Fohenagh/Killure Senior Citizens Committee**Tel: 095 43413****Fohenagh, Caltra, Ballinalsoe, Co. Galway.**

Provides activities for older people.

Forum Connemara Ltd.**Tel: 095 41064 / 41116****Letterfrack, Connemara, Co. Galway.****Email: info@forumconnemara.ie****Web: www.forumconnemara.ie**

Provides social care programmes to tackle disadvantage and isolation among vulnerable older people. Services for older people include meals on wheels, security, respite breaks, transport, carers support, lunch clubs, coffee mornings and the Warmer Homes Scheme.

Friends of the Elderly**Tel: 01 8731855****25 Bolton Street, Dublin 1.****Email info@friendsoftheelderly.ie****Web: www.friendsoftheelderly.ie**

Friends of the Elderly is an Irish charity that brings friendship and social opportunities to older people who live alone, especially those with mobility problems.

Galway Centre for Independent Living**Tel: 091 773910****Unit 10, Town Park, Tuam Road, Galway.****Email: info@gcil.ie****Web: www.gcil.ie**

Works to enable people with disabilities to live meaningful independent lives.

Galway Contact**Tel: 091 527581****189 Corrib Park, Galway.****Email: galwaycontact@eircom.net**

Provides a befriending service for Older People where a volunteer visits them in their home or nursing home. Organises a Morning Club every second Friday in Arus De Brún. Also, install security alarms for those living alone (pendants/sensor lights etc).

Galway Diocesan Family Centre**Tel: 091 565066****Galway Diocesan Centre, Newtownsmith, Galway City.****Web: www.pastoralcentre.ie**

The Centre provides programmes and support services including two programmes, Rainbows and Beginning Experience, which aim to support those who are grieving due to a death, separation or other painful transition.

Galway Hospice Foundation

Tel: 091 770868

Renmore, Galway.

Email: info@galwayhospice.ie

Web: www.galwayhospice.ie

Galway Hospice Foundation is a voluntary organisation that provides a comprehensive range of palliative care services to patients with active and progressive diseases which cannot be cured.

Galway Lions Club

c/o Ardilaun House Hotel, Taylors Hill, Galway.

Web: www.galwaylionsclub.ie

Tuam Lions Club - Tel: 086 8394836

Birmingham Road, Tuam, Co. Galway.

Email: mikegilmartin@eircom.net

The Lions Club strives to make a difference in their local community as well as in communities worldwide.

Galway Migrant Service

Tel: 091 773466

3 The Plaza Offices, Headford Road, Galway.

Email: info@gcp.ie

Web: www.gcp.ie

Provides information, support and advocacy to migrant workers and their families.

Galway Peoples' Resource Centre

Tel: 091 564822

Hynes Building, St. Clare's Walk, Merchants Road, Galway.

Email: gcu@eircom.net

The centre provides help, support and information to all those who need it across a wide range of issues including, employment, equality, and training.

Galway Rape Crisis Centre

Helpline: 1800 355 355 Business Line: 091 583149

7 Claddagh Quay, Galway.

Email: administrator@galwayrcc.org

Web: www.galwayrcc.org

Galway Rape Crisis Centre is dedicated to providing a professional, caring and confidential counselling and support service for those people in the community affected by sexual abuse and sexual violence.

Galway Refugee Support Group
Tel: 091 779083

2nd Floor, The Plaza, Headford Road, Galway.
Email: refugee.galway@ireland.com

Web: www.grsq.ie

The organisation works with those people in the asylum process and those people with refugee status on a range of projects and initiatives.

Galway Rural Development Co. Ltd
Tel: 091 844335

Mellows Campus, Athenry, Co. Galway.
Email: grd@grd.ie

Web: www.grd.ie

Local Community Development Programme.

Galway Rural Development (GRD) prioritises people and groups within the most disadvantaged rural communities, which means that it targets those furthest from access to education, training and employment, and those at highest risk of social exclusion. GRD supports individuals, groups and communities through a community development approach by providing both financial and developmental support.

GRD Mediation Service

GRD Mediation Service is a free, voluntary information, guidance and support service for people who are long-term unemployed. The service offers personalised support to encourage, advise and guide individuals back on the road to employment. The service is based in Loughrea, Athenry & Ballinasloe.

The Back to Work Enterprise Allowance

The Back to Work Enterprise Allowance and Short Term Enterprise Allowance is administered by the Enterprise Officer in Athenry office, GRD. The Enterprise Officer is responsible for approving participants on the scheme and providing a range of practical supports, such as training, advice and mentoring to those starting small businesses.

Galway Rural Transport Programmes

Promotes social inclusion by working with transport providers and relevant organisations, to develop a local transport network which meets the minimal needs of people living in isolated rural areas.

North & East Galway Rural Transport Programme, Mellows Campus, Athenry.
Tel: 091 844335

Bealach Rural Transport – Connemara, Unit 5A, Ionad Fiontair Charna, Carna.
Tel: 095 32802

Email: admin@bealach.ie

web: www.bealach.ie

South East Galway Rural Transport, Civic Buildings, Portumna, Co. Galway.
Tel: 090 9741867

Email: irdse@eircom.net

Galway Simon Community**Tel: 091 589415****10 Montpellier Terrace, Galway.****Email: assist@galwaysimon.ie****Web: www.galwaysimon.ie**

The service works with people who experience homelessness through the provision of supported housing, residential settlement service, a day centre, homeless referral service and family support service.

Galway Traveller Movement**Tel: 091 765390****1 The Plaza, Headford Road, Galway.****Email: info@gtmtrav.ie****Galway Traveller Movement – South East,
61 Main Street, Loughrea, Co. Galway.****Tel: 091 880916 (Loughrea Office)****Email: Rebecca@gtmtrav.ie**

Aims to improve the lives of Irish travellers through working towards social justice, solidarity, socio-economic development and human rights.

Galway Volunteer Centre**Tel: 091 539930****17-18 Mill Street, Galway.****Email: info@volunteergalway.ie****Web: www.volunteergalway.ie**

The centre supports local non-profit organisations to fund suitable volunteers and supports individuals to volunteer once they register with the centre.

Glenamaddy Community Care Ltd – Day Care Centre**Tel: 094 9659269 / 094 9659059****Creggs Road, Glenamaddy, Co. Galway.**

Transport provided for older people to the centre. Dinner, refreshments, meals on wheels, bingo, Christmas party, music and guest speakers are provided. A nurse attends the Day Care Centre to cater for the needs of older people.

Glenamaddy Social Service Centre**Tel: 094 9659177 (Wednesdays)****Glenamaddy, via Castlerea, Co. Galway.**

Supports offered to individuals and families in the Glenamaddy area. Accommodation offered to other voluntary/community groups - Mothers & Toddlers and Active Retired.

Glinsk Ladies Club
Tel: 094 9655058

Ussey, Ballymoe, Co. Galway.

Provides social outings for older people – annual visit to Knock, walking group, arranges dance functions and supports older people with their needs plus ‘Go For Life’ exercises.

Gort & South Galway Social Services
Tel: 087 3100610 / 091 631808

Queen Street, Gort, Co. Galway.

Activities and intervention with older people through the provision of meals, social outings, links with other parishes in the area and various other activities.

GROW
Tel: 1890 474 474 (Info line) Tel: 01 840 8236 (National Office)

Apt. 6, Forrest Mews, Forrest Road, Swords, Co. Dublin.

Email: info@grow.ie

Web: www.grow.ie

GROW, Western Region, Garvey Way, Castlebar, Co. Mayo.

Tel: 094 9026417

Email: info@grow.ie

Web: www.grow.ie

GROW is a Mental Health Organisation which helps people who have experienced, or are experiencing, mental health problems.

Headford Day Care Centre
Tel: 086 2330714

Headford, Co. Galway.

Day Care provided to older people five days per week including meals.

ICA – Irish Countrywomen’s Association
Tel: 041 9822119 ICA Central Office: Tel: 01 6680002

Email: admin@an-grianan.ie

Web: www.ica.ie

Ireland’s largest women’s association. Organises community events nationwide.

Irish Association of Older People
Tel: 01 2147055

4 Sussex Street, Dun Laoghaire, Co. Dublin.

Email: iaop@oceanfree.net

Web: www.olderpeople.ie

The Irish Association of Older People is a membership based organisation that aims to advocate and support active participation of older people in social, economic, cultural and spiritual life at local, national and European level.

Irish Centre for Social Gerontology (ICSG)**Tel: 091 495461****Cairnes Building, National University of Ireland, Galway.****Email: icsg@nuigalway.ie****Web: www.icsg.ie**

The ICSG is a centre for research and teaching into all aspects of ageing in Ireland, particularly rural aspects of ageing, economics of ageing, dementia and technology of ageing.

Irish Congress of Trade Union (ICTU) Retired Workers' Committee**Tel: 01 8897777****32 Parnell Square, Dublin 1.**

The Retired Workers' Committee of the Irish Congress of Trade Unions is a representative group for over 80 Retired Workers' Committees of unions affiliated to the ICTU.

Irish Hospice Foundation**Tel: 01 6793188****Morrison Chambers (4th floor), 32 Nassau Street, Dublin 2.****Email: info@hospice-foundation.ie****Web: www.hospice-foundation.ie**

The Irish Hospice Foundation provides a comprehensive range of palliative care services to patients with active and progressive diseases which cannot be cured.

Irish Senior Citizens' Parliament**Tel: 01 8561243****90 Fairview Strand, Dublin 3, Ireland.****Email: seniors@iol.ie****Web: www.seniors.ie**

The Parliament is a non-partisan political organisation promoting the views of older people in policy development and decision-making, run by older volunteers who are elected annually.

Irish Wheelchair Association**Tel: 091 7715510****Cúl Árd, Wellpark, Galway.****Email: galway@iwa.ie****Web: www.iwa.ie**

Irish Wheelchair Association, Cill Ghreine, The Glebe, Frank Stockwell Road, Tuam, Co. Galway.

Tel: 093 70488 / Fax: 093 70488

Providing services for people with physical disabilities to achieve greater freedom, choice and independence.

Irish Widowers and Deserted Husbands Association**Tel: 01 8552334****Web: www.wheel.ie**

Support group for men trying to cope alone.

Kilcoona Parish Community Ltd.**Tel: 091 793870**

Provides services for older people on a weekly basis – refreshments, various activities including crafts, cards and Christmas party.

Kilkerrin Social Service Group**Tel: 087 6918070****Kilkerrin, Ballinasloe, Co. Galway.**

Providing social outings, contact and gatherings for older people.

Killannin Older People's Group**Tel: 091 552060**

The Killannin group meet every week in the Killannin Hall for a light lunch and activities. They also take part in painting classes and drama.

Killiererin Young @ Heart**Tel: 087 75212681 / 093 49928**

Provides activities and intervention with older people, social outings and various other activities.

Lackagh/Turloughmore Community Care**Tel: 091 797093**

Provides services, transport, respite, social outings, and parties for older people.

Leenane Day Care Centre**Tel: 095 42216/41064**

The Leenane Seniors meet every week from 1pm to 3.30pm in the day-care centre in Leenane for a lunch Club and activities. The club has access to a library, laundry service and meals on wheels in their areas. The group also take part in other activities in the area.

Loughrea Senior Citizens Club**Tel: 091 841354****Loughrea, Co. Galway.**

Entertainment for older people which includes music, dancing, Christmas party and a Summer outing.

MABS - Money, Advice and Budgeting Service**Tel: 091 569349****The Halls, Quay Street, Galway.****Email: Galway@mabs.ie****Web: www.mabs.ie**

Provides a free, confidential and independent service for people in debt or in danger of getting into debt.

MABS – Athlone, St. Mary's Square, Athlone, Co. Westmeath.**Tel: 090 6476616****Email: athlone@mabs.ie****Web: www.mabs.ie**

The office covers Ballinasloe and some of the East Galway catchment

MABS - North Galway Money Advice and Budgeting Service, Social Service Centre, Dublin Road, Tuam, Co. Galway.**Tel: 093 24421 / Fax: 093 26050****Email: tuam@mabs.ie****Web: www.mabs.ie**

Outreach by appointment only to Headford, Athenry, Mountbellew and Williamstown.

Meitheal Forbartha na Gaeltachta Teoranta (MFG)**Tel: 091 574353****MFG, Ionad Fiontair, Ros Muc, Co. Galway.**

The main objective of Meitheal Forbartha na Gaeltachta is to undertake community development through the social, cultural and economic development of Gaeltacht areas. Support is provided to improve the standard of living in rural communities through various schemes carried out by Meitheal Forbartha na Gaeltachta including the **Warmer Homes Scheme**, which is a Sustainable Energy Action Ireland scheme which aims to improve the energy efficiency and comfort conditions of homes occupied by low-income households. These works include attic insulation, draught proofing, lagging jackets, energy efficient lighting, cavity wall insulation and energy advice.

Menlough Social Services**Tel: 090 9684857****Menlough, Ballinasloe, Co. Galway.**

Activities for older people include organised respite breaks, trips and Christmas party.

Mental Health Ireland**Tel: 01 2841166****Mensana House, 6 Adelaide Street, Dun Laoghaire, Co. Dublin.****Email info@mentalhealthireland.ie****Web: www.mentalhealthireland.ie**

Mental Health Ireland is a national voluntary organisation that aims to promote positive mental health and to actively support persons with a mental illness, their families and carers by identifying their needs and advocating their rights. It provides support to the Mental Health Associations across the country, including Galway.

Mental Health Association – Loughrea**Tel: 091 841087**

Promotes positive mental health and supports people with mental illness and their families and carers.

Mias na Fluirse – Meals on Wheels**Tel: 087 2792480**

Truskey East, Barna, Co. na Gaillimhe.

Meals delivered to people living alone at home.

Milltown Community Council**Tel: 087 2346717**

Administers security pendant alarms for older people, smoke alarms, outside lighting, door and window latches to make older people feel more secure in the home.

Milltown Day Care Centre**Tel: 093 51439**

Emeracly, Milltown, Co. Galway.

Recreational activities provided for older people including cards every Thursday night, annual outings and Christmas party. Three voluntary housing units are also provided for older people.

Mountbellew Mental Health**Tel: 090 9679247**

Mountbellew, Co. Galway.

Support for mental health service users through monthly meetings, outings, parties and annual respite break.

Mountbellew Social Services**Tel: 090 9679504**

Ballygar Road, Mountbellew, Co. Galway.

Provides weekly get-togethers, refreshments, guest speakers, home visits and respite breaks for older people.

Moylough Social Services**Tel: 090 9679610**

Cloonoron, Moylough, Co. Galway.

Activities include bingo, exercise classes including the 'Go for Life' exercises, entertainment, dancing, social outings in the year, Christmas dinner and entertainment.

Multiple Sclerosis Society – Galway**Tel: 091 862478 / 79**

Western Regional Office, Roxboro House, Raleigh Row, Galway.

Tuam M.S. Branch Committee, 269 Palace Fields, Tuam, Co. Galway.

Tel: 087 2777992

MS Ireland provides a range of services and resources to the whole MS Community, i.e. those with MS, family members, employers and health professionals.

National Adult Literacy Agency**Tel 01 8554332**

76 Lower Gardiner Street, Dublin 1.

Email: admin@nala.ie

Web: www.nala.ie

NALA is an independent membership organisation, concerned with developing policy, advocacy, research and offering advisory services in adult literacy work in Ireland. It provides information on how to access adult literacy and basic education services including Galway.

National Association of Widows in Ireland**Tel: 01 8728814**

Dublin National Email: info@nawi.ie

Web: www.nawi.ie

Ballykwagra, Tuam, Co. Galway.

Tel: 093-24498 (Tuam Branch)

There are 30 branches throughout the country and activities range from outings, social gatherings, holidays, seminars, educational talks and demonstrations.

National Centre for the Protection of Older People (NCPOP)**Tel 01 7166467**

Health Sciences Centre, University College Dublin, Belfield, Dublin 4.

Email: ncpop@ucd.ie

Web: www.ncpop.ie

This Centre is undertaking a programme of research funded by the Health Service Executive into elder abuse in Ireland. The Centre consists of a collaborative research team from U.C.D. and acts as a primary resource for those working or having contact with older people in areas of health and social care, law services and financial services.

National Council for the Blind in Ireland**Tel: 091 564926**

9a St Francis Street, Galway.

Email: info@ncbi.ie

Web: www.ncbi.ie

Service offers support to people experiencing difficulties with their eyesight. Supports include practical advice, assessments, mobility training and counselling.

National Federation of Pensioners' Associations (NFPA)**Tel: 01 8735702****Carmichael House, North Brunswick Street, Dublin 7.****Email: nfpasec@eircom.net**

The NFPA is a national representative body for pensioners' Organisations. It aims to protect and promote the interests of pensioners and retired persons on social welfare, taxation, health and superannuation.

North Connemara Voluntary Housing & Social Services (Clonbur)**Tel: 094 9546174 / 087 9282191****Clonbur, Co. Galway.**

The Day Centre operates two days per week. Activities such as cards, bingo, day trips and crafts are provided plus Social Housing Units and meals on wheels service.

Older and Bolder**Tel 01 8303116****PO Box 10845, Dublin 9.****Email: info@olderandbolder.ie****Web: www.olderandbolder.ie**

Older & Bolder is an alliance of non-governmental organizations that champions the rights of all older people, and seeks to combat ageism.

Older Women's Network**Tel: 01 8844536****Senior House, All Hallows College, Gracepark Road, Drumcondra, Dublin 9.****Email: info@ownireland.ie****Web: www.ownireland.ie**

OWN Ireland is a national network linking individuals and groups of women aged 55+. It provides information about issues for older women and helps give them a voice.

Order of Malta**Tel: 087 9044974 (Regional Director)****Email: 5rd@orderofmalta.ie**

Provides first aid training, ambulance transport and community care services, including day care centres and lunch clubs.

Order Of Malta – Centre for Older People, 20 St. Helen's Street, Galway.**Tel: 091 525879****Email: info@orderofmalta.ie****Web: www.orderofmalta.ie****Order of Malta Ambulance Corps – Inis Meáin, Aran Islands, Co. Galway.****Tel: 099 73053**

Oughterard Meals on Wheels
Tel: 091 866770 / 087 2031010

Oughterard, Co. Galway.

Voluntary Community Group sourcing and delivering meals to older people living at home.

Oughterard Senior Citizens Group
Tel: 091 552457

The group meet weekly in the Town Hall, with various activities organised, including dressmaking and knitting classes.

Patient Focus
Tel 01 8851611

Patient Focus, Sky Business Centre, Plato Business Park, Damastown, Dublin 15.
Email: support@patientfocus.ie Web: www.patientfocus.ie

Patient Focus is one of Ireland's leading national patient advocacy organisations. It provides a point of contact and other supports to patients who have had a negative experience of the health care system. It assists people to try and resolve difficulties as early as possible after they arise. It aims to ensure the preservation and enhancement of patient rights in all healthcare settings.

People with Disabilities Ireland (PwDI)
Tel: 01 8721744

4th Floor Jervis House, Jervis St, Dublin 1.
Email: info@pwdi.ie

Web: www.pwdi.ie

People with Disabilities Ireland is the umbrella organisation which brings people together locally and nationally to work on common issues that affect all people with disabilities.

Portumna Social Services (Day Care)
Tel: 090 9741740

Castle Avenue, Portumna, Co. Galway.

The centre operates daily providing meals, art/computer classes, music, dancing, exercises, flower arranging, physiotherapy, chiropody, outings and a meals on wheels service to people living alone at home.

Post Polio Support Group
Tel: 091 593664

Group support for polio survivors and their carers by the provision of respite care, physiotherapy and counselling, aids and appliances, occupational therapy and peer support and information.

Respond!**Tel: 0818 357901****Old Convent, Ard Na Mara, Oranmore, Co. Galway.****Email: info@respond.ie****Web: www.respond.ie**

A housing association that designs and builds homes for Older People who wish to live independently in socially integrated communities. Older residents are encouraged and enabled to access the support services required to maintain independent living.

Rosmuc Day Centre**Tel: 091 574130 / 087 2814481****An Turlach, Rosmuc, Co. na Gaillimhe.**

Provides lunch two days per week, outings, music nights, parties and meals are also delivered to people at home.

Roundstone Senior Citizens Group**Tel: 095 35872 / 087 9632751****Roundstone, Connemara, Co. Galway.**

The group meet in the Town Hall in Roundstone every couple of weeks and also have lunches out in local hotels/restaurants throughout the year and they take part in arts week event and respite breaks.

Saint Vincent de Paul – Galway**Tel: 091 563233****Ozanam House, Augustine Street, Galway.****Email: info@svp.ie****Web: www.svp.ie**

A lay voluntary organisation that provides support to older people through visitation, material support and accommodation. Administers security pendants for older people and provides Christmas hampers and community homes for older people also.

Samaritans**Tel: 091 561222****Nationwide Helpline 1850 609090****Galway Branch, 14 Nun's Island, Galway.****Email: jo@samaritans.org****Web: www.samaritans.org**

Samaritans provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide. Services are available by phone, email, letter and face to face in most branches.

Sean Cháirde Ath Cinn - Headford**Tel: 087 6271962**

Focus on older people through day care and meals on wheels.

Senior Helpline National Office
Tel: 046 955776

Senior Helpline
Tel: 1850 440 444

Third Age Centre, Summerhill, Co. Meath.

Web: www.seniorhelpline.ie

The Senior Help Line is a confidential listening service for older people run by older people for the price of a local call anywhere in Ireland. The Help Line operates from 10am – 4pm and from 7pm -10pm every day.

Shine
Tel: 091 761746

Town Park Centre, Tuam Road, Galway.
Email: info@sirl.ie

Shine supports people with mental ill health and their families and friends.

Social Policy and Ageing Research Centre (SPARC)
Tel: 01 8962914

School of Social Work and Social Policy, Trinity College Dublin, 3rd Floor,
3 College Green, Dublin 2.
Email: ageing.research@tcd.ie

Web: www.sparc.tcd.ie

SPARC aims to produce research into the social policy impacts and implications of ageing. It develops policy advice and briefings and support and fosters the training of Social Gerontologist to PhD level.

Sonas Senior Citizens
Tel: 091 555331

Arus Uilinn, Moycullen, Co. Galway.

Meets three days a week. Art and computer classes are provided along with crafts, meals, day trips, bingo and respite breaks.

St. Annin's Day Centre Retirement Group
Tel: 091 555397

Rosscahill, Co. Galway.

Weekly get-togethers including meals, activities and respite breaks.

St. Conal's Social Club
Tel: 095 31138

Cashel, Co. Galway.

The Group meet every Friday morning. Transport is provided by Bealach Rural Transport Scheme to enable people with their shopping and pension collection and is followed by lunch.

St. Kerrill's Festival Committee
Tel: 087 9000526

Gurteen, Ballinasloe, Co. Galway.

Provides activities for older people including respite breaks, meals and Christmas party.

Tearmann Éanna Teoranta
Tel: 091 505540 / 087 1261156

An Tulach, Baile na hAbhainn, Co. Galway.
Email: tearmanneanna@eircom.net

The Day Centre is open five days per week providing social, educational and cultural activities and rural transport. A social housing scheme of 32 houses is provided and a meals on wheels service is being developed. All services through the medium of the Irish language.

Third Age Foundation
Tel: 046 9557766

Summerhill, Co. Meath.

Email: info@thirdage-ireland.com

Web: www.thirdagefoundation.ie

The Third Age Foundation provides services, facilities and opportunities for older people, in education, lifelong learning, health, community development, social policy, social inclusion, volunteering, intergenerational and intercultural activities, enabling them to make a positive difference to their lives and communities.

Threshold
Tel: 091 563080

Western Region Advice Centre. 3, Victoria Place, Merchants Road, Galway.
Email: thresholdgalway@eircom.net

Threshold gives free information/advice on housing issues, assists in solving housing problems and may act on a service user's behalf. The service is free and confidential.

Tuam Cancer Care Centre
Tel: 093 28522

Fax: 093 28615

Cricket Court, Dunmore Road, Tuam, Co. Galway.
Email: tccg@eircom.net

Offers emotional support and practical help to people with cancer and their families and friends.

Tuam Mental Health Services
Tel: 093 24695

Fax: 093 28159

Hermitage Court, Dublin Road, Tuam, Co. Galway.
Contact: Through your GP

Support for people suffering with a mental illness including depression, anxiety, alcohol addiction and Schizophrenia.

Tuam Social Service Council
Tel: 093 24577

Social Service Centre, Dublin Road, Tuam, Co. Galway.
Email: loretaslattery@eircom.net

Provides meals on wheels, contact/visits to older people at home, housing projects, Tuam Voluntary Housing Association & Tuam Community Housing Association, AA, Information Service and Bereavement Support Group.

West of Ireland Alzheimer Foundation – ‘Western Alzheimers’
Tel: 091 565193 (Galway Branch)

Colonial Buildings, Eglinton Street, Galway.
Email: westalgalway@eircom.net

Web: www.westernalzheimer.ie

Western Alzheimer’s provides a range of person-centred services based on a ‘home-to-home’ philosophy. All services are designed with people with alzheimers and their carers in mind. This support can range from providing a listening ear to providing respite, day care and in-home support.

Western Region Drugs Task Force
Tel: 091 480044

Unit 6, Galway Technology Park, Parkmore, Galway.
Email: info@wrdf.ie

The Western Region Drugs Task Force was established to research, develop and implement, using a partnership approach, a coordinated, regionally appropriate response to substance misuse.

Western Traveller and Intercultural Development
Tel: 093 52515

Bru Bhríde, Church View, Tuam, Co. Galway.

Young At Heart – Older Women’s Group. Activities include summer outings, IT computer skills, reminiscence therapy, ‘Go For Life’ exercise and Sli na Slainte – Walk the Line.

Williamstown Social Services
Tel: 094 9643063

Kilbeg, Williamstown, Co. Galway.

The services provided include laundry service, Christmas party and supports to individuals and families.

Women with Disabilities in the West**Tel : 087 6943340****4 The Links, Ballymoneen Road, Knocknacarra, Galway.**

Women with Disabilities in the West was established to support women and advocate on behalf of women with disabilities and to network with agencies.

Women's Aid**Tel: 01 8684721****Freephone: 1800 341900****Everton Hse, 47 Old Cabra Road, Dublin 7.****Email : info@womensaid.ie****Website : www.womensaid.ie**

Support organisation for women who have experienced or are experiencing male violence in intimate relationships.

HSE SERVICES

Addiction Services (HSE)

Addiction Counselling Services, HSE West, Merlin Park Regional Hospital, Galway.
Tel: 091 753595 / 091 755883 Email: alcoholc@hse.ie

Provides outpatient, aftercare, counselling and advisory services, including alcoholic and gambling addictions.

Tus Nua, The Mall, Tuam, Co. Galway.

Tel: 093 60474

Community addiction counselling services.

Dochas Nua, Addiction Counselling Services, Bride Street, Loughrea, Co. Galway.

Tel: 091 847556

Provides advice, information, support, one to one drug counselling and education service for parents and community groups.

Audiology Service

Tel: 091 582112

10 Ely Place, Sea Road, Galway.

Assess, diagnose and rehabilitate children and adults with hearing difficulties, and aims to address the hearing loss by the prescribing and fitting of hearing aids.

Carers Services

Tel: 091 548333

Carers Department, HSE West, West City Centre, Seamus Quirke Road, Galway.

Provides a support service to Family/ Informal Carers in Galway City and County. A Family/ Informal Carer is defined as: "Someone who provides regular, unpaid personal help for a friend or family member with a long-term illness, health problem or disability". A range of carers support services are provided including: training service, support group service, information and advice service, in-home respite service.

Civil Registration Service

Tel: 091 546277

HSE West, 25 Newcastle Road, Galway.

www.certificates.ie

Registration of all life events – births, stillbirths, marriages and deaths. Issuing of certificates for life events. You may order online at www.certificates.ie Solemnisation of civil marriages.

Community Development

Tel: 091 548331

HSE West, West City Centre, Seamus Quirke Road, Galway.

Community Development is concerned with developing a collective response to the needs within communities, helping them to identify these needs and supporting them to achieve their objectives. The Community Development Department liaises with Voluntary/Community Groups in Galway, including those supporting the needs of older people.

Community Nutrition & Dietetic Service**Tel: 091 548335****HSE West, West City Centre, Galway.**

Provides information and support to individuals and groups on healthy eating and weight management.

Community Social Work Service with Older People**Tel: 091 741766****HSE West, La Nua, Ballybane Neighbourhood Village, Castle Park Road, Ballybane, Galway.**

Provides support to people over the age of 65, living in the community, and works with them and their families to ensure services are provided to enhance their quality of life.

Senior Case Worker - Elder Abuse, HSE West, La Nua, Ballybane Neighbourhood Village, Castle Park Road, Ballybane, Galway.**Tel: 091 741757**

The purpose of this service is to manage and co-ordinate a response to allegations of elder abuse in accordance with the HSE Policy on Elder Abuse and act as a resource to older people, voluntary groups and professionals providing a service to people over 65 years.

Community Welfare**Tel: 091 548314****Tel: 093 37239 (Tuam)****Community Welfare Department, HSE West, West City Centre, Galway.**

Local Community Welfare Officers (URBAN)			
West City Centre	091 548314		
Mervue Health Centre	091 751971		
Dockgate Merchants Road	091 567443		
Ross House, Victoria Place	091 566443		
Rural Community Welfare Officers			
Aran Islands	099 61208	Kilkerrin Health Centre	095 33429
Athenry Health Centre	091 850170	Loughrea Health Centre	091 847820
Ballinasloe Health Centre	090 9646232	Mountbellew Health Centre	090 9679260
Carraroe Health Centre	091 595217	Oranmore	091 771214
Clifden Health Centre	095 21102	Spiddal Health Centre	091 553724
Gort Health Centre	087 2310858	Tuam Health Centre	093 26800
Headford Health Centre	093 35686	Turloughmore Health Cntr.	091 797852

Community Welfare Services provide a wide range of services to the general public. The purpose of the Community Welfare Service (CWS) is to promote sustainable social inclusion by providing services that can be divided into two main categories as follows:

- Income Maintenance:
- Financial Assessment:

Superintendent Community Welfare Officers are responsible for overall local management of personnel and facilities. **Community Welfare Officers**, who are the front-line service providers, are responsible for assessing the needs and means of service users.

There are five main types of Supplementary Welfare Allowance payments as follows:

1. Basic Supplementary Welfare Allowance (SWA)
2. Supplements
3. Exceptional Need Payments (ENPs)
4. Urgent Need Payments
5. Back to School Clothing and Footwear Scheme

The Community Welfare Officers also arrange the means testing of persons for the following health and welfare services administered by the Health Service Executive:-

- Medical Cards/Doctor Visit Cards
- Blind Welfare Allowance
- Mobility Allowance
- Motorised Transport Grant

Counselling Service (Adults)

Freephone 1800 234114 (office hours)

The Adult counselling service provides individual and group therapy to adult survivors of childhood abuse. This includes sexual, emotional, physical abuse and neglect during childhood. The service is free and confidential.

Day Care (HSE)

The following locations provide Day Care:

Aras Mhic Dara Community Nursing Unit, Carraroe, Co. Galway. Tel: 091 595204.
(Palliative Care provided).

Aras Mhuire Community Nursing Unit, Tuam, Co. Galway. Tel: 093 24655.
(Aras Mhuire is a Community Nursing Unit providing long-term care, palliative care and day care).

Aras Ronan, Kilronan, Inis Mor, Aran Islands. Tel: 099 61046.

District Hospital, Clifden, Co. Galway. Tel: 095 21301.
(Community Hospital providing convalescence, respite, emergency care and radiology services linked to University College Hospital).

Knocknacarra Day Centre – Mondays only
(run in conjunction with St. Francis Community Nursing Unit). **Tel: 091 524574.**

Knocknacarra Day Centre – Tuesdays only
(run in conjunction with The Alzheimer Society of Ireland). **Tel: 091 561556.**

St. Brendan’s Hospital, Lake Road, Loughrea, Co. Galway. Tel: 091 841122.

St. Francis Community Nursing Unit, Newcastle, Galway. Tel: 091 524574.

Unit 10B, Merlin Park Hospital – Thursdays only
(run in conjunction with St. Francis Community Nursing Unit). **Tel: 091 524574.**

Unit 10B, Merlin Park Hospital – Wednesdays only
(run in conjunction with The Alzheimer Society of Ireland). **Tel: 091 561556.**

Dental

Tel: 091 546028

HSE West, Shantalla Health Centre, Galway.

The Dental Department provides dental care to primary school children, and some special needs groups. Adults with a current medical card can access care from some dentists. A list of the contracted private Dentists is available from the Dental Department, Shantalla.

Disability Services

Tel: 091 546209

Galway Primary, Community & Continuing Care, 25 Newcastle Road, Galway.

County Galway Disability Services Department is based at the above address and consists of:

- The Disability Services Manager
- Case Manager / Liaison Officers x 2
- Staff Officers

Galway Primary Community & Continuing Care fund or part-fund a range of services for people with disabilities through partnership with a range of organisations and agencies. The Disability Services Department is responsible for the monitoring and development of services for people with disabilities in partnership with many service providers. In addition, the Department provides a Case Management Service available to individuals with physical and/or sensory disabilities (0-65yrs) residing in the community – more details available by contacting the department directly.

Environmental Health

Tel: 091 548390

HSE West, West City Centre, Galway.

Provides services in the area of food safety, water sampling, and tobacco control legislation. Inspections of hospitals, nursing homes and institutions.

Freedom of Information

Tel: 091 773838

Merlin Park Regional Hospital, Galway.

The HSE is covered by the Freedom of Information Act meaning that records held by the HSE can be applied for and if a range of criteria are met can be released to the public. Personal information such as medical records can only be released to that person.

General Practitioner Services (GPs)

Tel: 091 523122

Your Local Health Office can provide a list of GPs in the area.

HEALTH CENTRES

Health Centre	Phone	Fax	Health Centre	Phone	Fax
Abbeyknockmoy	093 43704	093 43773	Kinvara	091 637123 / 637560	091 637002
Ahascragh	090 9688634	090 9688556	Killimor	090 9676131 / 76156	090 9676180
Ardrahan	091 635207	091 635842	'La Nua', Ballybane	091 741758	091 385031
Athenry	091 850173/2	091 844770	Leenane	095 42257	095 42394
Ballinasloe	090 9646200 090 9646221	090 9646211	Lettermore	091 551143 / 551022	091 551151
Ballygar	090 6624142	090 6624662	Loughrea	091 847822 / 847837	091 870529
Carna	095 32417	095 32305	Mervue	091 753887/ 751964/	091 751837
Carraroe	091 595575	091 595465	Milltown	093 51301	093 51310
Clarinbridge	091 635207	091 635842	Mountbellew	090 9679260 / 79349	090 9679323
Clifden	095 21102 /3/4	095 21619	Moycullen	091 555398 / 555984	091 555398
Clonbur	094 9546174	094 9546575	Oughterard	091 552319 / 552200	091 552023
Corrandulla	091 791140	091 791334	Portumna	090 9741193	090 9741339
Craughwell	091 846125	091 846382	Roundstone	095 35046	095 35785
Dunmore	093 38123	093 38128	Rosmuc	091 574265	091 574154
Eyrecourt	090 9675255	090 9675059	Shantalla	091 546242/4	091 524715 091 526150
Glenamaddy/ Williamstown Area	094 9659072	094 9659140	Spiddal	091 553208 / 553724	091 553769
Gort	091 631325 / 631425	091 631451	Tully, Ballinahown	091 593131	091 593418
Headford	093 35548 / 35758	093 35835 / 35500	Tully, Renvyle	095 43654	095 43606
Inishboffin	095 45813 / 095 45975	095 45912	Tuam	093 26817/6/ 9/5	093 24608
Inishere	099 75006	099 75089	Turloughmore	091 797851	091 797858 / 798856
Inis Meain	099 73005	099 73083	Woodford	090 9749051	090 9749253
Inis Mor	099 61165	099 61174			

Health Promotion

Tel: 091 548321

HSE West, West City Centre, Galway.

Provides information, training and support on health promotion initiatives. Works in partnership with other agencies to address issues impacting on health and wellbeing and enables and supports people to make healthier choices.

Home Care Packages

Tel: 091 546062 / 546065

HSE West, 25 Newcastle Road, Galway.

A Home Care Package (HCP) consists of community services and supports which may be provided to assist an older person, depending on their individual assessed care needs, to return home from hospital or residential care, or to remain at home. Depending on resources available to the scheme, the HCP provided to any individual may include paramedical, nursing, respite and/or home help and/or other services depending on the assessed care needs of the individual applicant.

Home Help Service

Tel: 091 546356 / 546353

HSE West, 25 Newcastle Road, Galway.

The Home Help service is a discretionary service which may provide personal care essential practical care and social care to the following care groups - older people over 65 years, people with physical and sensory disability and in certain circumstances families and children in need of practical and emotional care and support. The Home Help can be requested by a Public Health Nurse, or discipline within the HSE. Potential clients and their families can also apply.

Hospitals & Out of Hours

University College Hospital, Galway.

Tel: 091 524222

Merlin Park University Hospital

Tel: 091 757631

Portiuncula Hospital

Tel: 090 9648200

WestDoc Out of Hours GP Service

Tel: 1850 36 50 00

Medical Cards

091 546207

HSE West, 25 Newcastle Road, Galway.

Deals with applications for medical cards, GP visit cards and a range of schemes such as drug payment, long term illness and mobility schemes.

Medical Social Work

Tel 091 544089

HSE West, University Hospital, Galway.

Provides information and support to in-patients in University Hospital Galway and Merlin Park Hospital regarding home supports, discharge planning, counselling, benefits and entitlements.

Mental Health Services

It is estimated that one in four people will experience some mental health problem in their lifetime. If you feel persistently sad, have trouble sleeping or experience unexplained aches and pains, you should visit your GP for some advice. Most people are treated by the GP alone, unless more support, for example, therapy services, is required, in which case you may be referred to some of the following day and hospital services.

St. Brigid's Hospital, Ballinalsoe, Co. Galway.	Tel: 090 9648400
Psychiatric Unit, University College Hospital, Galway.	Tel: 091 524222
Day Hospital, Barrack Street, Loughrea.	Tel: 091 847003
Day Hospital, Hermitage Court, Tuam.	Tel: 093 24695
Day Hospital, Brackernagh, Ballinasloe.	Tel: 090 9646258
Day Hospital, Athenry.	Tel: 091 845634
Day Hospital, Dominic Street, Portumna.	Tel: 090 9759885

There are also two dedicated Psychiatry in Later Life Teams (East Galway and West Galway) led by a Consultant in Psychiatry and may be contacted through your GP.

Nursing Home Support Office Tel 091 548426

HSE West, West City Centre, Seamus Quirke Road, Galway.

Provides information on residential care, short term or long term care, which includes the processing of the Fair Deal Application Forms.

Nursing Units - Health Service Executive

Aras Mhic Dara (Carraroe) Community Nursing Unit, Carraroe, Co. Galway. Tel. 091 595204 Fax 091 595516	St. Brendan's Home (Loughrea) Loughrea, Co Galway. Tel. 091 841122 Fax 091 842839
Arus Mhuire (Tuam) Community Nursing Unit, Dublin Road, Tuam, Co Galway. Tel. 093 24655	Unit 5 Merlin Park Regional Hospital Merlin Park, Galway. Tel. 091 775566
Aras Ronan (Inishmore) Community Nursing Unit, Inishmore, Aran Islands. Tel. 099 61046 Fax 099 61047 Day Centre and 14 Social Housing Units	Unit 6 Merlin Park Regional Hospital, Merlin Park, Galway. Tel. 091 775569
St. Anne's (Clifden) - Community Nursing Unit, Clifden, Co. Galway. Tel 095 21189 Fax 095 21060	

Nursing Homes – Private – Co. Galway.

<p>An Teaghlach Uilinn Retirement & Convalescent Centre, Kilrainey, Moycullen. Tel: 091 555444</p>	<p>Hillside Nursing Home Attidermot, Aughrim, Ballinasloe. Tel: 090 9673996</p>	<p>Oranmore Nursing Home Bushfield, Oranmore. Tel: 091 792301</p>
<p>Áras Chois Fharráige Park, Spiddal. Tel: 091 553194</p>	<p>Holy Family Nursing Home Magheramore, Killimor. Tel: 090 9676044</p>	<p>Owen Riff Nursing Home Camp Street, Oughterard. Tel: 091 866946</p>
<p>Ballinderry Nursing Home Ballinderry, Kilconnell, B'sloe. Tel: 090 9686890</p>	<p>Kiltormer Nursing Home Kiltormer. Tel: 090 9627313</p>	<p>Pointe Boise Nursing Home 107-109 Salthill. Tel: 091 587444</p>
<p>Ballygar Nursing Home Ltd. Ballygar. Tel: 090 6624818</p>	<p>Kilcolgan Nursing Home Kilcolgan. Tel: 091 776446</p>	<p>Portumna Retirement Village St. Brendan's Rd., Portumna. Tel: 090 9759170</p>
<p>Brooklodge Nursing Home Ballyglunin, Tuam. Tel: 093 32944</p>	<p>Little Flower Nursing Home Labane, Ardrahan. Tel: 091 635449</p>	<p>Rosemount Nursing Home Church Street, Gort. Tel: 091 631847</p>
<p>Caiseal Geal Nursing Home Castlegar. Tel: 091 757609</p>	<p>Lakelands Nursing Home Loughrea. Tel: 091 842240</p>	<p>Rushmore Nursing Home Knocknacarra. Tel: 091 523257</p>
<p>Castleturvin Nursing Home Athenry. Tel: 091 850800</p>	<p>Lough Corrib Nursing Home Kilbeg, Headford. Tel: 093 35778</p>	<p>Stella Maris Nursing Home Cummer, Tuam. Tel: 093 41944</p>
<p>Central Park Nursing Home Clonberne Village, Ballinasloe. Tel: 093 45231</p>	<p>Maryfield Alzheimer Nursing Home, Farnablake, Athenry. Tel: 091 844833</p>	<p>St. Anne's Nursing Home Woodford. Tel: 090 9749334</p>
<p>Coral Haven Nursing Home Headford Road. Tel: 091 762800</p>	<p>Mill Race Nursing Home Bridge Street, Ballinasloe. Tel: 090 9646120</p>	<p>St. Columba's Nursing Home Cloughballymore House, Kilcolgan. Tel: 091 796188</p>
<p>Corrandulla Residential Nursing Home Old Monastery, Corrandulla. Tel: 091 791540</p>	<p>Mountbellew Nursing Home Treanrevagh, Mountbellew. Tel: 090 9679735</p>	<p>St. David's Nursing Home Gentian Hill, Knocknacarra. Tel: 091 525358</p>
<p>Flannery's Nursing Home Kilgarve, Abbeyknockmoy. Tel: 093 43130</p>	<p>Moycullen Nursing Home Ballynahallia, Moycullen. Tel: 091 868686</p>	<p>St. Francis Nursing Home Kilkerrin, Ballinasloe. Tel: 094 9659230</p>
<p>Garbally Rest Home 76 Brackernagh, Ballinasloe. Tel: 090 9642622</p>	<p>Mystical Rose Nursing Home Knockdoemore, Claregalway. Tel: 091 798908</p>	<p>Teach Altranais Charna – Carna, Conamara. Tel: 095 32854/55/56/57</p>
<p>Greenpark Nursing Home Tullinadaly Road, Tuam. Tel: 093 24410</p>	<p>Nightingale Nursing Home Lowville, Ahascragh, Ballinasloe. Tel: 090 9688095</p>	<p>The Village Nursing Care Centre Ballygarriff, Craughwell. Tel: 091 507884</p>

Occupational Therapy – Community Adult Service**Tel: 091 775323****Fax: 091 779983****Unit 10 A, HSE West, Merlin Park Hospital, Galway.**

Facilitates clients to have independence in daily living skills and improve/maintain their quality of life. Information Service to clients Monday to Friday - 9.30am -11.30am.

Ophthalmology**Tel: 091 546255****HSE West, 25 Newcastle Road, Galway.**

Medical Card holders are entitled to Ophthalmic or Eye Testing Services.

Physiotherapy**Tel: 091 546040****HSE West, Shantalla Health Centre, Galway.**

Maintains and promotes independence, mobility and general well being through advice on exercise, safety and the provision of aids and appliances where appropriate. Group therapy is also provided in the area of falls prevention & osteoporosis.

Podiatry/Chiropody**Tel: 091 546040****HSE West, Shantalla Health Centre, Galway.**

The Podiatry/Chiropody Service is available to medical cardholders over 65 years and all Diabetics. This service is also offered to persons with a learning or physical disability based on their assessed need.

Primary Care (HSE)**Tel: 093 37234****HSE West, Mellows House, Vicar Street, Tuam, Co. Galway.**

A number of Primary Care Teams are being set up in Galway City and County. A Primary Care Team is made up of a range of Health Professionals including GP's, Public Health Nurses, Physiotherapists, Occupational Therapist and Home Help. The aim of the primary care team is to provide coordinated care for patients in their local area. You can access your local Primary Care Team by contacting your local Health Centre. Information on the location and membership of the Primary Care Teams is available from the Primary Care Office, Mellows House, Tuam, Co Galway.

Public Health Nursing Service**Tel: 091 546365****HSE West, 25 Newcastle Road, Galway.**

Provides a home nursing service to all older clients. Offers advice and information on all aspects of home nursing care, e.g. equipment, respite care and services available in your area. Please contact your local health centre from 9.30am -10.30am Monday to Friday.

Speech & Language Therapy**Tel: 091 546010****HSE West, Shantalla Health Centre, Galway.**

Provides a Speech & Language Therapy Service for adults (over 18 years) who present with acquired disorders of communication and/or swallowing. The main causes include stroke, head injury, progressive neurological conditions such as Motor Neuron Disease, Parkinsons Disease or Multiple Sclerosis, head and neck cancer and voice difficulties. The service is available throughout Galway City and County.

Suicide Prevention Resource Office**Tel: 091 548360****HSE West, West City Centre, Seamus Quirke Road, Galway.**

Provides information, training and support in relation to suicide prevention.

Western Area Drugs Service**Tel: 091 561299****HSE West, 64 Dominick Street, Galway.**

Provides information, advice, support, one to one drug counselling for all ages, and also provides alcohol counselling for under 18'.

Public Services

County Galway Vocational Education Committee (VEC)**Tel: 091 874260****An Coiléar Bán, Athenry, Co. Galway.****E-mail: enquiries@cogalvec.ie****Web: www.countygalwayvec.ie**

The Adult Education Service provides a number of education programmes throughout the county. The service is administered through the Vocational Education Committee headquarters at Athenry. Services provided include:

Adult Education Service Tel: 091 874260
Community Education Tel: 091 874260 / 087 9663227
Adult Education Guidance Service Tel: 091 630647 / 087 2818506
Adult Education Information Service Tel: 091 874542
Back to Education Initiative (BTEI) Tel: 091 874533 / 087 2851693.

Vocational Training Opportunities Scheme (VTOS) – Ballinasloe – Tel: 090 9646492;
Letterfrack –Tel: 095 41302; Ros Muc – Tel: 091 574411; Tuam –Tel: 093 25651.

Adult Literacy Schemes – Carraroe – Tel: 091 506060; Headford –Tel: 093 34746; Loughrea –
Tel: 091 847850; Moycullen / Oughterard / Clifden – Tel: 091 555877; Tuam – Tel: 093 26609.

Department of Health and Children – Office of the Minister of State for Older People. Tel: 01 6354000**Department of Health and Children, Hawkins House, Hawkins Street, Dublin 2.****Email: minister_brady@health.gov.ie****Web: www.dohc.ie**

The Office for Older People is responsible for the development and implementation of policy for older people and the development of the National Positive Ageing Strategy.

Department of Social Protection**Tel: 01 7043000****Áras Mhic Dhiarmada, Store Street, Dublin 1.****Email: info@welfare.ie****Web: www.welfare.ie**

The Department's role is to promote a caring society through ensuring access to income support and other services, enabling active participation, promoting social inclusion and supporting families. Older people are supported through income and other support services including:-

Social Welfare Local Office Galway, Hynes Building, St. Augustine Street, Galway.
Tel: 091 500800

Schemes and Services Contact Information**Tel: 1890 66 22 44** - Information Services**Tel: 1890 500 000** - Free Travel, Household Benefits, State Pension, Domiciliary Care, Widow(er)s Pension, Widowed Parent Grant, Blind Persons Pension**Tel: 1890 927 770** - Carer's Allowance, Carer's Benefit, Disability Allowance, Disablement Benefit, Invalidity Pension, Bereavement Grant.**Tel: 071 9157100** - Supplementary Welfare Allowance / **Tel: 1890 690 690** - Homemakers**Tel: 01 6732222** - Respite Care Grant / **Tel: 1890 400 400** - Treatment Benefit**Tel: 1890 928 400** - Illness Benefit, Injury Benefit, Medical Care.

FÁS**Tel: 091 534400****Tel: 093 28066 (Tuam)****Galway Employment Services Office, Island House, Cathedral Square, Galway.****E-mail: info@fas.ie****Web: www.fas.ie**

FÁS enhances the skills and competencies of individuals and enterprises through the provision of tailored training and employment programmes that suit everyone's needs. Outreach clinics provided in the following areas- Ballinasloe, Clifden, Gort, Loughrea, Oughterard, Portumna, Inverin/ Rosmuc. Please ring the Galway office to make an appointment with relevant Officers.

Galway County Council**Tel: 091 509000****County Hall, Prospect Hill, Galway.****Email: secretar@galwaycoco.ie****Web: www.galway.ie**

Galway County Council provides a range of services through the following sections: Community, Enterprise & Economic Development, Corporate Services, Environment, Housing, Planning, Roads and Transportation and Water Services.

Housing Department - Tel: 091 509301

Affordable Housing, Local Authority Housing, Housing Grants (Housing Aid for Older People Grant, Housing Adaptation Grant, Mobility Aid Grant), Housing Loans, Long Term Leasing, Private Rented Housing, Rental Accommodation Scheme, Voluntary Housing.

Housing Liaison Officers – support is given to Older People living in local authority housing and other local authority housing schemes.

Social Workers – supports target groups living in local authority housing including Older People.

Galway Library Services**Tel: 091 561666****Island House, Cathedral Square, Galway.****E-mail: : info@galwaylibrary.ie****Web: www.galwaylibrary.ie**

All library branches open on Saturday and provide public Internet access. In co-operation with An Post, the library delivers books-on-tape to the visually impaired for free. There is also a mobile library service.

Branches are based at the following locations:- Athenry, Ballinasloe, Ballybane, Ballygar, Ceathrú Rua, Clifden, Dunmore, Eyrecourt, Galway City, Glenamaddy, Gort, Headford, Inis Meáin, Inis Oírr, Inishbofin, Killimor, Inis Mór, Leenane, Letterfrack, Loughrea, Moylough, Oranmore, Oughterard, Portumna, Roundstone, An Spidéil, Thír an Fhia, Tuam, Westside and Woodford.

Gardaí (District Offices)

Galway	Salthill	Gort	Ballinasloe	Loughrea	Clifden	Tuam
Galway Mill Street, (091) 538000	Salthill (091) 514720	Gort (091) 636401	Ballinasloe (090) 9631890	Loughrea (091) 842877	Clifden (095) 22500	Tuam (093) 70840
Oranmore Oranmore, (091) 388030	Oughterard (091) 557320 (091) 557327	Ardrahan (091) 635102	Mountbellew (090) 9679292	Portumna (090) 9741131	Carna (095) 32242	Barnderg (093) 49212
Athenry Athenry, (091) 844016	Moycullen (091) 555122	Craughwell (091) 846002	Ahascragh (090) 9688652	New Inn (090) 9675822	Maam (091) 571100	Ballymoe, (094) 9655002
Loughgeorge (091) 798122	Rosmuc (091) 574102	Kinvara (091) 637102	Kilconnell (090) 9686622	Kilrickle (091) 843002	Leenane (095) 42236	Dunmore (093) 38131
Corrandulla (091) 791122	Lettermore (091) 551122	Shanaglish (091) 633121	Kiltormer (090) 9627122	Eyrecourt (090) 9675122	Letterfrack (095) 41052	Glenamaddy (094) 9659002
	Spiddal (091) 553122	Kilcolgan (091) 796122	Menlough (090) 9684722	Killimor (090) 9676142	Roundstone (095) 35835	Headford, (093) 35412
	Inverin (091) 593102	Kilchreest (091) 840978	Moylough (090) 9679272	Tynagh (090) 975102		Kilconly (093) 47611
	Carraroe (091) 595102 (091) 595565		Ballygar (090) 6624512	Woodford (090) 9749002		Milltown (093) 51312
			Creggs (090) 6621112			Williamstown (094) 9643002

National University of Ireland Galway

Tel: 091 524411

Health Promotion Research Centre

Tel: 091 493092

Clinical Science Institute, National University of Ireland, Galway, University Rd., Galway.

Email: denise.glavin@nuigalway.ie

Web: www.nuigalway.ie/health_promotion

Health Promotion Research Centre provides training and education courses in the field of health promotion and carries out relevant research. The courses on offer includes:-
Certificate/Diploma/BA in Social Care. The Centre has an active multidisciplinary research programme in place.

National University of Ireland Galway - Irish Centre for Social Gerontology

Tel: 091 495461

Cairnes Building, NUI, Galway.

Email: icsg@nuigalway.ie

Web: www.nuigalway.ie/icsg

The ICSG is a centre for research and teaching into all aspects of ageing in Ireland particularly rural aspects of ageing, economics of ageing, dementia and technology of ageing.

National University of Ireland Galway – Living Scenes

Tel 091 495241

NUI Galway Community Education Centre, Hygeia Office Block, Nuns Island, Galway.

Email: living_scenes@nuigalway.ie

Web: www.nuigalway.ie/living_scenes

Living Scenes is an intergenerational programme of learning designed, implemented and funded by N.U.I. Galway. It is part of the University's Adult and Continuing Education outreach initiatives and is currently operating in six schools in the western region.

National University of Ireland Galway (NUIG) - Mature students officer

Tel: 091 492695

University Road, Galway.

E-mail: info@nuigalway.ie

Web: www.nuigalway.ie/mature_students

The Mature Student's Officer aims to assist and advise prospective mature student applicants on the range of programmes available in the University and on application procedures and admissions criteria.

Neighbourhood Watch

(see nearest Garda District Office contact for details on Neighbourhood Watch schemes in your area)

Neighbourhood Watch is a crime prevention programme aimed at getting local communities working in partnership with the Gardai and actively involved in observing and reporting suspicious activities to help create a better environment in which to live.

Údarás na Gaeltachta

Tel: 091 503100

Na Forbacha, Co. na Gaillimhe.

An tÚdarás supports older people through various schemes. The Health Service Executive is the body responsible for social care provision for older people and Údarás na Gaeltachta plays a partnership role with the Health Service Executive in addressing gaps or deficiencies in this sector. This policy draws benefits from other schemes to support the following:

- Day-centre administration.
- Equipping and refurbishment of day-centres.
- Building day care centres, in association with other organisations.
- Assists in providing Transport Services for older people.
- Assists in providing educational courses for older people in association with the VEC and the HSE.
- Assists with research and planning on projects which cater to older peoples' needs.

Údarás recommends that employment schemes are utilised to deliver the above service as effectively and efficiently as possible.

